



## How Can Asbestos Affect Me?

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### The Affect Asbestos Has on Different Organs

If you know that you are exposed to asbestos, knowing how it affects your organs can help you detect issues. If your breathing becomes difficult or painful, asbestos may have caused scar tissue in the pleural membrane of your lungs. There are techniques for breathing, such as pursed lip breathing that may help to improve the air that you inhale. Preventing asbestos exposure will always be the best way to avoid any related complication with your heart, stomach, lungs, or esophagus. Be aware about the degree that asbestos can affect you and your body and either work out a way to limit exposure or remove yourself from the situation entirely. This might involve getting a different occupation, but it is a better alternative than developing mesothelioma.

